



DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

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FISH AND WILDLIFE SERVICE

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LOBSTERS ARE IN,
SO TRY 'EM OUT

Between June and September, the full stop is out on live lobster, some-time so-called "Royal Redhead of the Pot".

A decapod (10-legger) to science, this sea-floor pedestrian can't swim and never leaves the bottom, according to experts on this crustacean of the Fish and Wildlife Service, United States Department of the Interior.

Although they migrate extensively, it's a to-and-from deeper water movement--from two- to 20-foot, to 35 or 40 fathom depths in winter--and not up and down the coast. The American--"world's most delicious"--species, by the way, is found along the Atlantic side from North Carolina up to Labrador, and actually has been hauled up from deeps 600 feet down.

Before the pot-popping-into procedure, which puts the royal flush on lobsters, they may be any one of a variety of hues. Ordinarily, they range from dark bluish-green to brownish-olive on various parts of the body, speckled with dark greenish-black spots. Those trapped on sandy bottoms have a tinge of red, especially on appendages. But, not too uncommon have been found lobsters all red, white, blue, and black--and New York City's aquarium once had one half black and half red, a very pretty combination!

To get down to table talk about lobsters, however...there's almost no limit to the number and variety, also of dishes which may be composed using its sweet pink and white meat. Grilled lobster you know, and chowder; lobster mayonnaise, patties flavored with sherry, croquettes; and a la Newburg.

Now, it being the season when the tribe is most plentiful, and heaviest grown, suppose you consider these suggestions for preparation of the beauty. Initial admonishment: "How to open a cooked lobster" seems to be essential, and this is the way the experts say it should be done.

"In order to get the meat out of a cooked lobster, split the lobster open by placing it, feelers down, on a board and then, with a sturdy knife, cut through top and bottom shell, separating the lobster into two halves. Then, with a small paring knife, remove the long dark line which can be seen running down through the white meat from head to tail, and in addition, lift out the filling in the head. All that remains is edible. The meat in the large claws may be obtained by cracking each claw."

Luncheon Lobster A La Toll House

1 cup of milk	1 tsp. of lemon juice
1/2 cup of soft bread crumbs	Few drops of onion juice
1 1/2 cups of lobster meat	1/2 tsp. of salt
1 egg, beaten well	1 tbsp. of melted butter,
1/2 tsp. of prepared mustard	and pepper to taste

Heat the milk and add to this the other ingredients. Fill scallop shells, ramekins, or casserole and cover the top with buttered crumbs. Bake 10 minutes in a quick oven, 400 degrees F., until brown. Serves 6.

(American Cookery Magazine)

Lobster A La Mornay

1 pound cooked lobster meat	1 can spaghetti
1 pound fresh mushrooms	1 pint yellow cream sauce
Salt, pepper and paprika	

Cut lobster in large pieces. Mix all together, put in baking dish, cover with snappy cheese and dots of butter. Bake in hot oven about 20 minutes. Serve in baking dish. (Yellow cream sauce is white sauce to which has been added yolks of 2 or 3 eggs.)

(San Juan Deep Sea Foods Economical Recipes)

Lobster Thermidor

Split a two-pound freshly boiled lobster lengthwise, separate the parts, abstract the meat from tail and claws (remove the intestinal tract), and cut meat into small pieces. Place in a saucepan 2 tbsps. of melted butter, stir and cook 2 slices of onion until of a rich yellow color; remove onion; add to the butter 2 tbsps. of flour and stir until bubbling begins; add 1/2 tsp. of salt, 1/4 tsp. of white pepper; and 1 cup of cream or rich milk. Stir and cook until boiling begins; add 1 tsp. of chopped parsley and the prepared lobster meat. Put this mixture into the long strips of body and tailshells. Sprinkle with grated cheese and bake in an oven at 450 degrees F. until the cheese is brown. Serve garnished with claw shells, parsley, and lemon. (Ocean-Clear Lobster Booklet)

Lobster Jambalaya

Peel and chop two onions and brown delicately in butter. Season with salt, pepper and a bit of bay leaf. Add one cup of dry rice and fry. Flake three-fourths of a pound of fresh-boiled lobster and add to the rice. Add a chopped tomato and enough boiling water to prevent the mixture from burning. Boil rapidly until nearly done, reduce the heat and finish cooking. When the rice is thoroughly cooked, add one-half of a cup of sherry. Serve on toast points. (American Cookery Magazine)

Lobster Puff

3 tbsps. granulated tapioca	1/4 tsp. paprika
1 cup milk	2 tbsps. lemon juice
1 1/2 cups boiled lobster meat	2 eggs, separated
1/4 tsp. salt	

Cook tapioca with milk in top of double boiler until tapioca is clear and transparent. Chop lobster and add. Add salt, paprika, lemon juice and beaten egg yolks. Fold in stiffly beaten egg whites, pour into greased baking dish and bake in moderate oven (350 degrees F.) 40 minutes or until firm. Serve immediately. Serves 4. (Culinary Arts Institute)

Fried Lobster

Remove cooked lobster from shells; select pieces of the meat of such size that each piece will be large enough to serve as an individual service. Dip in crumbs, then in egg, again in crumbs; place in a frying basket and cook to a delicate brown in fat at a temperature of 390 degrees F.

(Ocean-Clear Lobster Booklet)

Lobster and Almonds in Potato Baskets

Prepare a medium white sauce, add the lobster cut in cubes and the chopped blanched almonds. (2 cups of lobster, 1/2 cup of almonds, for 2 cups of well seasoned sauce.) Serve in potato baskets made as follows: Grate raw potatoes with medium grater, roll in dry towel, place a few spoonfuls in a small sifter (3½ inches in diameter) leaving the center free, place a smaller sifter inside the first one, and cook in deep fat. The baskets thus prepared can be reheated in the oven a few minutes before serving.

(100 Tempting Fish Recipes)

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